## Dr. Marden's Uplift Talks

to the front against all sorts of ob-

stacles have proved the turning-point

in tens of thousands of careers. They have encouraged the disheartened to

hold on when they were ready to let

go; they have induced them to perse-

vere when they had decided to turn

back. They have given them fresh

hope and renewed confidence in them-

selves when those dearest to them

even had predicted failure and had

told them that to continue would be

Smiles' "Self-Help" was a wonder-

ful stimulus to me and I believe it

has proved the turning point in the

careers of tens of thousands of

youths. Nothing else is more fascinat-

ing than the romance of achievement

under difficulties. The youth full of

hope, bubbling over with enthusiasm,

reads the life-stories of men and wom-

en who have succeeded under difficul-

ties, and he says to himself: "Why

can't I do it?" To which something

within him replies: "I can and I

Ambition requires a great deal and

great variety of food to keep it vig-

orous. An ambition must be backed

by a robust will power, stern resolve,

physical energy, powers of endurance,

The fact that you have an almost

uncontrollable impulse, a great ab-

sorbing ambition to do a thing which

meets with the approval of your judg-

ment and your better self, is a notice

served upon you that you can do the

There are tens of thousands of day

laborers in this country-common

workmen-putting their lives into

drudgery, who, if they had only been

aroused to their possibilities, would

have been employers themselves-

would have been men of force, of

standing in their community-but

they have been held down by their

ignorance of their own power. They

have never discovered themselves,

and so they must be "hewers of" wood

women, who impress us as giants in

possibility, but who are totally ig-

norant of the great forces that are

Why not take an inventory of your-

self at the beginning of this new

year? If you are dissatisfied with

what you are doing and think you

ought to do better, try to discover,

no matter how long it takes you,

just where your trouble lies. Find

out the things that keep you back.

Make long searching tours of dis-

Say to yourself over and over again:

"Why can others do such remarka-

ble things while I do ordinary, com-

mon things? Constantly ask your-

self: "If others can do them, why

You may find some great nuggets

of gold in these tours of self-discov-

ery which you never dreamed you

possessed-great possibilities of pow-

Stars Enough for All of Us.

When Emerson advised everybody

to hitch his wagon to a star, it was

-that there were not stars enough to

were below the seventeenth magni-

then the twenty-fourth magnitude

stars have been brought to view, and

now the number of stars is estimated

no trouble about it. There is a star

unborn generations. So hitch your

wagon to a star, and don't delay. The

times demand it.—Ohio State Journal.

The Bauer of Austria.

The most interesting of Austrian

types and the backbone of the dual

monarchy, is the "bauer." In social

rank he occupies somewhat the same

position as the old English yeoman,

farming his own land, and in many

cases enjoying a far more substantial

fortune than the nobility. The "bauer"

Volcanoes Good Fertilizer Plants.

In the Age of Movies.

one morning at a Kansas farmhouse

and inquired for the farmer.

An amateur photographer stopped

"I want to trespass on your prem-

"That's all right," responded the

all the household clothing.

tionize your life.

and drawers of water."

sleeping within them.

thing, and should do it at once.

to be effective.

to waste their time.

By ORISON SWETT MARDEN.

Copyright by McClure Newspaper Syndicate

THE PRICE OF ONE CIGAR A DAY.

"How can you afford all these books?" asked a young man, calling upon a friend; "I can't seem to find spare change for even the leading magazines."

"Oh, that library is only 'my one cigar a day," was the reply.

"What do you mean?" inquired the

visitor. "Mean? Just this: when you advised me to indulge in an occasional cigar, several years ago, I had been reading about a young fellow who bought books with money that others would have burned in cigars, and I thought I would try to do the same. You may remember that I said I should

allow myself one cigar a day?" "Yes, I recall the conversation, but don't quite see the connection."

"Well, I never smoked, but I put by the price of a five-cent cigar every day; and, as the money accumulated, I bought books—the very books you

"You don't mean to say that your books cost no more than that! Why, there are dollars' worth of them."

"Yes, I know there are. I had six years more of my apprenticeship to serve when you advised me 'to be a man.' I put by the money, which, at five cents a day, amounted to \$18.25 a year, or \$109.50 in six years. I keep those books by themselves, as a result of my apprenticeship cigar money; and, if you'd done as I did, you would by this time have saved many, many more dollars than I have, and would have been better off in every way and own a library besides.'

Surround yourself with good books. There is something in the very atmosphere of books which is helpful and inspiring. One seems to absorb culture from the presence of books and contact with them. The mind changes; our ideals enlarge when we are surrounded by good books. One can learn to love books, and derive much pleasure from them, too, by constantly being in their presence and getting acquainted with them.

Good books are lengthening and brightening the lives of a multitude of people. How many a wretched one, poor and forsaken perhaps by the world, has found solace in his poverty and a refuge from his want and woe, a pleasant substitute for his gloomy thoughts, as he has delved like a prince in some great book!

We hear a great deal about the increased cost of living, but never in history could poor people get so much and which may, if developed, revoluof life's essentials, and even the things that were luxuries a short time ago, for so little money as today. The products of the greatest minds that have ever lived were never so cheap. Copies of the great masterpieces of thought the advice was impracticable literature, which a century ago were only within the reach of the rich, are go around. At that time there were now often found in the poorest homes only three or four thousand stars visand can be bought for the price of a ible, which number was far short of

the demand. But when maps of the Many of our choicest friends live skies were made with the ass between the leaves of our favorite of the telescope and camera, it was books. We become more intimate with found there were 55,000,000 stars-not yet quite enough for all. These stars them than with any living characters. We are not afraid to open our hearts to one of them without reserve. There tude, which was as far as the optical need be no clash of opinion. Our com- instruments would reach, but since munion is heart to heart.

People are often ashamed to be seen with some persons with whom they desire to associate, and they are often at 1,600,000,000. So there will need be secretive about some of their friendships, but they are frank in choosing for every wagon, and a few left for friends in books. Hence, the voluntary selection of book companions is very important, and we can quickly estimate a man's character by his choice. They indicate the degree of his culture, his good taste and refinement or his coarseness and vulgarity. The books we collect are confessions of what we like and of what we are.

If you are anxious to improve yourself read books which tend to elevate your being to some purpose. Read books which make you resolve to do and be a little better; to try a little harder to be somebody and to do something in the world.

"WHY CAN'T I DO IT?" THE AN-SWER.

Spartan mothers, in order to stimulate their ambition, used to take their boys to the Pantheon in Athens. where their young imaginations would be fired by the sight of the statues of the nation's gods and heroes. Standing before one of those heroic marble figures, the mother would tell the story of the original, while boyish hearts would sparkle with awakened ambition under the inspiration of her words. Many a young mind was thus fired to emulate the hero that particularly appealed to

him. No other one thing is of such precious help to a youth as to be constantly stimulated along the line of his career, and nothing else will give him such inspiration, nothing else is so ambition-rousing as the life-stories of those who have accomplished things under great difficulties.

Emerson says: "I cannot even hear of personal vigor of any kind, great picture of that cornfield. It's the power of performances, without fresh | most magnificent one I ever saw." resolution. . . This is the moral of biography.'

Great inspiring life-stories of those instantaneous-it's growing so fast."who have won and pushed their way | Oldport Herald.

The Neglected Pecan.

common. We have failed to develop

a tree agriculture long ago because

nobody happened to think of it. For a

hundred years the white man has been

nuls of these trees is more nutritious

we have let the tree stand unheeded The tree is nature's real engine of or cut it down. Not in one hundred production. Wild trees producing bar- years have we turned it into a corn rels and parrels of fruit are not un-

belt.—Harper's Weekly. Betrayed by Her Sister.

The advanced maiden was out rowing with a possible suitor and had chopping down pecan trees in the Mis- taken her little sister along, who was sissippi valley. Yet the meat in the exhibiting much fear at the waves. "Why, Martha, if you are so nervous than the meat of pigs. A single pecan now, what will you be at my age?" tree at times produces more meat than "Thirty-nine, I suppose," meekly redoes the squealing quadruped. Still plied little sister.

#### The Popular Redingote Dress



that the idea prevails in gowns for all | with Roman-striped satin. In this case them everywhere-splendid men and

It consists of a semifitting basque finished with scallops at the bottom. The scallops are bound with braid and the basque as long as the average coat in a coat suit. A box-plaited tunic is set into the basque, stitched by machine along the line of the scallops. covery in your own consciousness. The tunic is finished with a plain hem less than two inches in width, and is very long. It is worn over a plain, straight-line underskirt of either the same material as the dress or of satin. This underskirt, which is short, is not much in evidence. It is narrow, and when made of the same goods as the tunic is often slashed in three or four places to admit of a free stride. When slashed in this way it has the effect of er which you never uncovered before, trousers worn under a long skirt, and we must concede that it looks attractive and would seem a startling innovation except that we are already accus-

tomed to slashes in walking skirts.

PHERE are so many varieties in the the one pictured here, are often worn development of the redingote dress over straight underskirts faced up sorts of wear. Here is a clever new the collar and vestee and separate adaptation for the street that is a sort | cuffs are made of the same satin. This of compromise between the one-piece makes a showler and dressier costume, garment and a coat suit. It is an ex- and one may manage this dress by cellent design for between-seasons' having two underskirts (one of the wear, without an outside coat, and, for- goods and one of the satin) and two tified with a heavy outer garment, is sets of collar and vestee with separate all that is desirable for the coming cuffs. One of them is to be of white cotton or linen and the other of satin like that in the underskirt facing. In this way the same dress will furnish a costume for many occasions and a refreshing variety, at least.

> With the oncoming of cold weather and the high military collars of outer garments, new vestee and collar combinations have been designed with closed throat and high turnover col-

> The sleeves in this particular gown are the plain coat-sleeve type finished with a soft, flaring cuff. When separate cuffs are to be adjusted an entirely plain sleeve is preferable.

Either of the hats pictured is appropriate with this gown, and it is a wise thing to own both a small and a large hat But if only one is to be chosen let it be the larger one. For brims are widening and the large hat is more effective for occasions where one Redingote models, like or similar to wishes to look somewhat "dressed up."

### Oliver Twist Suit and Slip-Over Dress



has a strict social code of his own, mixing neither with the laborers on one hand nor the aristocracy on the and to appeal to the mothers who are other, is apparently quite content with always looking about for something up to ten years, and are thoroughly his lot, and takes pride in his ability new and practical for their restless to provide almost all the necessaries youngsters. These are two-piece suits of life from the productions of his own combining plain and striped materials land, even, in many cases, growing the or plain material in contrasting colors. flax from which his womenfolk weave in a biouse and pants. They are made up in several different models, the sim-A Swiss scientist has discovered to which a pair of straight pants is skirt, and are made up in serge and that the ashes which still largely cover buttoned. the buried cities of Herculaneum and

The blouses are made of striped per-Pompeii contain large quantities of cale or in plaid ginghams or of equally potash and clay, from which an excel- durable plain materials of other kinds. lent agricultural fertilizer can be ob-When the blouse is plain the pants tained. The whole region is very rich often are made of a narrow stripe, or in potash, and it is said the Italian if the blouse is striped the pants are government is seriously intending to plain. Plain pants, with striped blouse organize the exploitation of "Vesu- having round collar and turnback cuffs of the plain material, make the best looking of the Oliver Twist suits. In the better grades of these suits the blouses are box plaited, made with round collars and turnback cuffs. The plaits make the waist a little more dressy and add to its strength. In the cheaper suits the blouse is cut ises," he said, "long enough to take a with narrow band of contrasting material like that in the collar. A small patch pocket on the blouse is finished farmer. "But you'll have to take it with a narrow band at the top also. In

all the suits the pants are straight. These suits are made for very tiny | iron.

A New Gray.

gray which may be likened to gun-

Sphinx is the name given a new

OR small boys, the Oliver Twist | boys; little fellows of two years only suits seem to suit the little ones are put into them, much to their own delight. But they are worn by boys practical. Clever designers have adapted the Oliver Twist suits to girls, substituting a skirt for pants. Very pretty ones are made with plaid skirts buttoned to plain blouses, the latter having cuffs and collars of the plaid plest of them consisting of a plain material. These dresses are provided blouse like that shown in the picture. With patch pockets on each side of the other woolen goods for school wear, as well as in wash goods.

A little slip-over dress for a tiny girl is shown in the picture. It is of plain blue gingham with a straight narrow box plait down the middle of the front and back. It is decorated with short bands of white embroidery placed on the plait near the top and bottom and with small pearl buttons and simulated buttonholes.

The sleeves are long, with turn-back cuffs. The neck is plain and bound with a bias strip of the material. A small separate round collar is to be worn when the little dress needs to do other duty than to provide an easily without plaits and the sleeves finished laundered romping outfit for the littlest girl.

Both these garments are cut with reference to the fact that they must be washed and ironed often, and with that in view they are made easy to JULIA BOTTOMLEY.

nent for gowns and suits, and in the

new teberrine cloth is remarkably like

real moleskin.

metal, or even moleskin, as it has a Points Everywhere. luster which tones charmingly with the metallic trimmings with which it The fashion for points is in full was designed to blend. In velvet and swing. The new note in some of the the softer material, it takes the lights autumn skirts is a point, back and and shades of real skin. A similar front. The trains of evening frocks shade sometimes confused with sphinx are long and pointed. Many evening s called cetrole, as it is the exact frocks have drapery on the skirt or shade of petroleum, and like that fluid bodice which falls in long points. is dull and lusterless. However, There are pointed scallops, too, or sphinx as a smart shade is pre-emi- some afternoon frock tunics.

WINNERS IN BABY CONTEST

The Scoring Committee at Last Completes Its Arduous Tasks and Announces Winners.

Columbia.-The scoring committee of the better bables' contest and conference held during fair week under the auspices of the South Carolina Federation, of Women's Clubs and Winthorp college a few days ago completed the computation of scores and made the following anouncements of prize winning babies:

Division 1 (6 to 12 Months). Female-Nancy Thayer Mauldin; score, 98.4; daughter of Mrs. G. S. Mauldin, 914 First street, Elmwood venue, Columbia.

Male-John Thaddeus Dreher; score, 99.5; son of Mrs. A. A. Dreher,

Division 2 (13 to 24 Months). Female-Edith May Derrick; score, 971: daughter of Mrs. George Derrick, 617 Richland street, Columbia. Male-Julius C. Dreher, Jr.; score, 97.3; son of Mrs. J. C. Dreher, 2301

Division 3 (25 to 36 Months). Female-Elinor C. Rogers; score 97.8; daughter of Mrs. W. B. Rogers,

Main street, Columbia.

1206 1-2 Main street. Male-John Asbury Zeigler; score, 98.5; son of Mrs. John A. Zeigler, 1501 Washington street, Columbia.

Division 4 (37 to 60 Months). Female-Dorothy L. Rhear; score 96.5; daughter of Mrs. Sam Rhea, 1520 Laurel street, Columbia. Male-G. Hertford Parks; score 96.8; son of Mrs. G. H. Parks, 1815

Pendleton street, Columbia. Each of these little prize winners will receive a gold medal donated by

Sylvan Bros. The babies were scored according to the standard score card issued by the American Medical Association. and the scoring committee consisted of the following women: Mrs. Howard Caldwell, Mrs. T. I. Weston, Miss Caroline D. Southard, Miss Anna Finn. strom, Mrs. W. B. Burney and Mrs. W. C. Carthcart.

South Carolina Death Rate.

South Carolina's death rate from consumption is 13.5 per cent as against a rate for the country of but 10 per cent. Such is the indication from a questionnaire made among churches in the state by the National Anti-Tuberculosis association. The figures of South Carolina are not as accurate as in other states, because there are as yet no vital statistics for South Carolina.

Big Fire at Andrews. Andrews.-A very destructive fire visited Andrews and destroyed a large cotton gin. All the small houses within reach of the raging flames were also consumed. The cotton which had been baled was all saved. There were three or four wagons loaded with seed cotton under the sheds, all of which has burned or damaged save one wogan load which was pulled out into the street.

Big Barn Burned. Chester.-The big barn of Malone Young, a prosperous farmer near Fort Lawn, was completely destroyed by fire recently. A large supply of grain and other feed were destroyed. The stock was in the field. The fire was of an unascertained origin.

PALMETTO NEWS NOTES.

Florence is going to have a "Debt-Paying Day," which will be Decem-The death rate in Spartanburg de-

creased 9 per cent, per 1,000, last The North Carolina Conference of

the Wesleyan Methodist church will convene in Rock Hill December 1. A. A. Richardson, chief game war-

den, has called attention to the fact that the hunting season in South Carolina does not open until November 15. Fire recently destroyed the oil mill

and ginning plant of the Fork Township Oil Mill Company. The loss is about \$38,000, with \$21,000 insurance. James A. Hayne, M. D., state health

officer, F. Asbury Coward, M. D., bacteriologist, state board of health, and W. A. Boyd, M. D., Columbia health officer, went to Richmond, where they attended the convention of the American Medical association. Drs. Hayne and Coward read papers. Reports issued by A. W. Jones

comptroller general, show a marked increase in the value of all property in South Carolina for taxation. Farmers of Jasper county are hold

ing cotton for a better price. The negroes of York county held a creditable fair at Rock Hill. Many Confederate veterans attend-

ed the Orangeburg fair. C. F. Hampton, a Florence mer-

chant, took his own life recently. The Union county farmers are sowing a large amount of vetch, clover,

Mullins has awarded the contract for installing her \$80,000 water works system. Citizens of Greenwood county are

getting interested in live stock. The fire which completely destroyed the car barns of the Columbia Electric Railway Company recently caused a loss of \$110,000.

G. H. Neely who killed himself and wife in St. Louis was a native of York county. Two Greenwood college graduates

wore cotton dresses costing less than 50 cents each. Charleston county taxable property

increased \$207,792 during the past vear. Mrs. M. T Coleman of Abbeville, is state vice president of the Southern

States Woman Suffrage organization. J. E. Swearingen, state superintendent of education, has been spending a few days in Newberry county. Hubert Lamar Strickland, aged 20, of Columbia, died in Macon, Ga., re-

cently of ptomaine poison. The value of Richland county taxable property has increased \$8,853,527 during the past year.

About 20 bales of cotton were burned on the cotton platform at Woodruff recently.

The Florence Baptist association has just closed its annual session at Florence. The 1915 meeting will be at Ebenezer.

NAMES AGENT IN EACH COUNTY FOR BELGIUM RELIEF WORK.

#### LETTER OF INSTRUCTION

County Agents Will Collect Dona tions and Forward to State Headquarters List of Agents.

Columbia.-One man in practically every county in the state was appointed by the Belgian relief committee of the Columbia chamber of commerce to assist in collecting foodstuffs and donations of all kinds. In a letter of instruction, sent to each appointee, there is an explana-

tion of the aims and projected scope of the movement. It is expected of those apointed that they shall collect all contributions from citizens of their respective counties, sending cash to the chairman or treasurer, Bruce Walker Ravenel and R. W. Holcombe, respectively, and holding donations of foodstuffs or clothes until further in structions from the committee.

The following are the appointees of the Belgian relief committee of Columbia for the counties of the state, with the exception of Berkeley, Charleston and Richland counties: Abbeville, F. E. Harrison; Aiken

Mr. Dibble; Anderson, Lee G. Holleman; Bamberg, H. A. Folk; Barnwell, H. D. Calhoun; Beaufort, W. J. Thomas; Calhoun, J. Skottowe Wannamaker; Cherokee, D. C. Ross; Chester, J. L. Glenn: Chesterfield, Wm. Godfrey; Clarendon, J. A. Weinberg; Colleton, J. E. Peurifoy: Darlington, Bright Williamson; Dillon, W. T. Bethea; Dorchester, F. E. Hinnant; Edgefield, John C. Sheppard; Fairfield, W. R. Robb; Florence, J. W. McCown: Georgetown, H. B. Springs; Greenville, J. W. Norwood; Greenville, S. H. McGhee; Hampton, W. C. Mauldin; Horry, R. B. Scarborough; Jasper, J. B. Bostick; Kershaw, C. J. Shannon, Jr.; Lancaster, Leroy Springs; Laurens, H. K. Allen; Lee, W. A. Jones; Lexington, S. B. George; Marion, W. H. Cross Marlboro, D. D. McColl; Newberry, B. C. Matthews; Oconee, E. C. Doyle; Orangeburg, B. H. Moss; Pickens, McD. Bruce; Saluda; B. W. Crouch; Spartanburg, John W. Simpson; Sumter, R. I. Manning; Union, Emslie Nicholson; Williamsburg, E. C. Epps; York, W. J. Roddey.

No Exhibit at Frisco Fair.

Columbia.-Movement for a South Carolina building at the Panama-Pacific exposition has been abandoned, according to an announcement by Edwin W. Robertson, chairman of the committee.

The following statement was issued: "In view of the unprecedented condition of affairs in South Carolina, we find it out of the question to raise sufficient money to put a South Carolina building at the Panama-Pacific exposition. "Your committee has used every

effort to sell the medals and the moving picture company has done its best to get subscriptions without sufficient success to justify further efforts. We are, therefore, of necessity forced to abandon the movement."

South Carolina will not be repre sented at the exposition unless provision is made by the next general assembly. The appropriation proposed in 1914 was voted down in the state senate.

\$60,000 Fire at Darlington. Darlington.-The large plant of the

Southern Cotton Oil company located here was completely destroyed by fire a few days ago. Every building in the plant with the exception of the ginnery, with all of the stock on hand and some unginned cotton at the ginnery has been completely wiped out. The cause of the fire is not known. The loss is about \$60,000.

Baptist W. M. U. Meeting. Newberry.-The session of the Baptist Woman's Missionary union, in session here and attended by 400 delegates, was mostly routine business, very interesting to the delegates and visitors, but consisting chiefly of detailed reports and recommendations.

Tobacco Warehouse For Cotton. Lake City.-John L. McLaurin, state warehouse commissioner, passed through here en route to Pamplico, where he took over the two tobacco warehouses owned by the Pamplico Warehouse company. These he will operate for the storage of cotton as provided under the warehouse act passed by legislature during their special session. These two warehouses will take care of approximately 4,000 bales and there is every indication that they will be filled within the next month.

Fort Mill to Rebuild. Fort Mill.-The merchants who suffered in the fire recently are taking hold of the problems caused by the fire with enterprise and vigor. The firm of Stewart & Culp is moving its stock to the store building of W. L. Hall, located at No. 34 Trade street, recently vacated by the Harris Furniture company. L. J. Massey will replace his burned building as soon as posible and for the present is located at No. 3 Trade street. In all probability the building occupied by the Mills & Young Co. will be restored.

Association of Colleges. Columbia. - The Association of South Carolina colleges will meet in Columbia, with the University of South Carolina, November 21. The sessions will be held in Flinn hall. the university Y. M. C. A. building. At the same time an association of college presidents of this state is to be formed. For several years the Association of South Carolina colleges has not been in active existence. The last meeting was held about five years ago. It is planned to revive the association and to operate it vigorously.

### RELIEF COMMITTEE THE choicest and mildest of tobaccos—a wholesomeness most acceptable! FATIMA

the Turkish-blend cigarette. "Distinctively Individual" If you cannot secure Fatima Cigarettes from your dealer, we will be pleased to send you three packages postpaid on receipt of 50c. Address Fatima Dept., 212 Fifth Ave., New York, N.Y.

Liggett & Myers Tobacco Co.



FLORIDA farm land in melon and cucum-ber belt. Prices low, terms easy utiles guaranteed. Write D. G. BARDIN, LAVE OAK, MA

The owner of a barking dog is alwas the first to complain about the noise made by the neighbor's children.

If you can't get Hanford's Balsam of Myrrh write: G. C. Hanford Mfg. Co., Syracuse, N. Y. Two sizes: 50c and \$1.00. Adv.

Farmers to Helo.

Yonkers, N. Y., has a Housewives league that has started an investigation of the high prices being charged by the local dealers. Mrs. H. M. Crow der, at the head of the league, cau tioned the members against laying in too large supplies and urged them to buy more economically than ever. The farmers will be asked to co-operate with the league and keep the members supplied.

Important to Mothers
Examine carefully every bottle of
CASTORIA, a safe and sure remedy for infants and children, and see that

Bears the Signature of Cart Hitches
In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Warning to Brethren in the Flock. "And now, brudders," solemnly said good old Parson Bagster, during a recent Sabbath morning's sermon, 'havin' renounced de sistahs for de frivolity o' deir ways, I aims to say a word to yo'. Yo' dat has been pes terin' 'bout how yo' gwine to pull yo' robes on over yo' wings when yo' gets to heaven better be spuriatin' 'bout how yo' gwine to wear yo' hats on yo' hawns when yo' lands in de yudder place. Hur-raump!"-Kansas

Defective Classes.

Insanity is rapidly increasing in this country. In 1890 the number of insane in the United States was 106,-485; in 1906 the insane in hospitals alone numbered 150,151. In 1910 the figures exceeded 200,000. In 13 years -from 1890 to 1908—the number of insane hospitals increased from 162 to 328. The number of "feeble-minded" in the country is about two hundred and twenty-five thousand.

Awful Naughty. "Bobby, I suppose you say your

prayers every night." "Yes'm." "And what are the things you pray

"Mostly that pop won't find out what I've been doin' through the day."

It is often better to say nothing than to say the wrong thing.—Pittsburgh

### Superior-

"Surpassing others in greatness, goodness, extent or value of any quality."-Century Dictionary.

That's the definition, and that's why Post Toasties are called the

Superior Corn Flakes

-the surpassing, delicate Indian Corn flavour being sealed in by skillful toasting with sugar and salt.

# Post **Toasties**

are made in clean, airy, modern factories-cooked. seasoned, rolled and toasted to crisp golden flakes-

Ready to serve direct from the package.

To secure the Superior Corn Flakes, ask for

**Post Toasties** 

-sold by Grocers.